

Schwinn® Cycling: Imagery Innovation

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Stage / Total Time	Music	RPM/ Terrain/Technique		Intensity / Elapsed Time			MPower™	Mind/ Body
1 5:08	Is This Love (Anders K Remix)/ Erann, Stefwell & Freiseg (Time)	65-75	Seated Flat Standing Flat Seated Flat	Easy Moderate Moderate +	0:00 1:30 3:16	1:30 3:30 5:08	OBSERVATION: Tour of the console, how do watts change with standing, establish baseline (where do you need your mouth for breath?)	As you warm up, think of the three people you will ride with today...someone easy to pass, an athlete, and a competitor.
2 4:44	When A Fire Starts to Burn/Disclosure 4:44	80-100	Combo Hill	Moderate to Hard Stand	0:00 0:36 1:35 3:08	0:36 1:35 3:08 4:44	GOAL: Keep RPM steady on the seated, add gear gradually and stand, accelerate.	Check in: Alignment, technique, cadence. Check out: what brought you through the door today? Connect to that now, ride on purpose.
3 10:53	Take Me To Church (Uptown Funk Extended Remix)/ Amen Brothers (6:32) Like That/Bassjackers (4:21)			Hard ~Anaerobic Hard ~Anaerobic Hard ~Anaerobic	0:00 3:00 4:30 0:00 1:30 2:50	3:00 4:30 6:32 1:30 2:50 4:21	GOAL: Set 3 minute distance. Match ½ of it 3 more times	Sometimes you lead, sometimes you follow. On push number 1 put your mentor in front of you. On push number 2 BE the mentor. On push number 3, BE BOTH for yourself!
	Jumpin' Jumpin'/Destiny's Child (3:50)	90	Seated Flat	Moderate	0:00	3:50	OBSERVATION: Recovery, get back to your baseline	Recover, stretch, drink up for the hill ahead. Set up the story of the 4 friends.
4 10:41	Funky Goes to Hollywood/DJEarworm 4:37 Reach Out/Hilary Duff 6:03	70-90 65-90	Seated Hill Standing Hill Seated Hill Standing Hill	Hard Anaerobic Hard Anaerobic Hard Anaerobic Hard Anaerobic Hard+	0:00 1:00 2:00 3:00 0:00 1:15 2:15 4:00 5:00 6:03	1:00 2:00 3:00 4:00 1:15 2:15 4:00 5:00 6:03	CHALLENGE: Each time you pass a rider, notice the distance you covered in that minute. Beat it 3x!	Steep Hill with Imagery. Tell the story of each rider. Pass each rider and just recover back to Hard.
5 1:59	Acoustic #3/ Goo Goo Dolls 1:59	70-90	Seated Flat	Easy	0:00	1:59	OBSERVATION: recovery watch watts drop back to baseline.	What you just did, came from the mind and the heart as much as the legs.
6 3:58	Evolution/ I See Monstas (3:58)	70-90 90-100	Seated Flat V/C	Moderate Anaerobic Moderate Anaerobic Moderate Anaerobic	0:00 1:14 1:38 1:57 2:22 3:05	1:13 1:38 1:57 2:22 3:05 3:50	CHALLENGE: 3 Pushes to all out anaerobic, for real this time. 25 seconds x 2, ending with 45 seconds. Stay under 100 RPMs but go for Max Watts!	The hardest thing to do is to do the hard thing. DO IT NOW. I believe in you. It's just a hard thing.

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